

# 6<sup>th</sup> Kyu Green Belt to 5<sup>th</sup> Kyu Green Belt

## Physical Requirements

1. Open Hand Kata - Ni Juu Shichi No Kata, Kihon Kata Shodan, Kihon Kata Nidan, Kihon Kata Sandan, Kihon Kata Yondan, Zenshinkotai, Shiho Hai
2. Self Defense – Demonstrate two ways to defend and counter a double lapel grab and one handed hair grab from the front
3. Combinations
4. Breaking – Side Kick (2 boards), 1 hand technique and double front jump kick
5. Sparring

## Terminology

Yoshukai – Strive for Excellence

Yoshukai Byword – Patience

Founder – Soke Yuki Koda, 8<sup>th</sup> Degree

Director – Soshu David Koda, 7<sup>th</sup> Degree

Ass't Director – Saiko Shihan Steve Pierce 7<sup>th</sup> degree

Manager – Senpai Adrienne Koda, 3<sup>rd</sup> Degree

U.S. Yoshukai Founded - 1969

U.S. Yoshukai Headquarters – Montgomery, Al

Years Master Koda lived – 1944 – 1997

Instructor – Sensei

Karate School – Dojo

Fist to Hip – Tsuki

Bow – Rei

Yell – Kiyai

Uniform – Gi

Close Eyes – Mokutso

Counting 1 – 10 in Japanese

Black Belts – Yudansha

Fist to hip - Tsuki

Begin - Hajime

Finish - Yame

Attention - Kyotsuke

Belt - Obi

Open Eyes - Kaimoku

Relax – Yasume

under Black Belt - Kyu

Prepare - Yoi

### **Five Precepts For Learners**

1. Respect and Manners
2. Be Prudent in Action
3. Be Prudent in Speech
4. Keep High Spirited
5. Keep Yourself Clean

### **Stances (Dachi)**

Front Stance – Zenkutsudachi

Straddle Stance – Shikodachi

Ready Stance – Uchihachiji

Attention Stance – Musobidachi

Immoveable Stance – Fudodachi

Cat Stance – Hasamidachi

### **Blocks (Uke)**

Upper Block – Jodan Uke

Inside Center Block – Chuudan Uchi Uke

Outside Center Block – Chuudan Soto Uke

Down Block – Gedan Uke

Crosshand Block – Juji Uke

Knifehand Block – Shuto Uke

Palm Heel Block – Shote Uke

Ridge Hand Block – Haito Uke

Back Hand Block – Haisho Uke

Knee Block – Hiza Uke

Elbow Block – Embi Uke

### **Kicks (Geri)**

Front Kick – Mae Geri

Round Kick – Mawashi Geri

Side Kick – Yoko Geri

Flying Side Kick – Tobi Yoko Geri

Double Front Jump Kick – Nidan Geri

Back Kick – Ushiro Geri

Hook Kick – Kake Geri

Spinning Back Hook Kick – Ushiro Kake Geri

Jump Spinning Back Kick – Tobi Ushiro Geri

### **Strikes**

Upper Punch – Jodan Tsuki

Center Punch – Chuudan Tsuki

Down Punch – Gedan Tsuki

Elbow Strike Embi

Knife Hand – Shuto

Reverse Punch – Gyaku Tsuki

Back Fist – Uraken

Palm Strike – Shote

Ridge Hand – Haito

Back Hand – Haisho

Knee Kick – Hiza Geri

Hammer Fist – Tsutsuken

Spear Hand – Nukite

### **Striking Areas**

Ball of the foot – Koshi

*(used in front kick or round kick)*

Instep – Haisoku

*(used in round kick)*

Edge of the Heel - Sokuto

*(used in side kick)*

Bottom of the Heel - Kakato

*(used in axe kick)*